SERVING OUR COMMUNITY

### Visitacion Valley Icon Was Inspiration to Community

John W. King, Sr., founder of the tohn King Senior Community and Housing Complex passed away on Tuesday, June 8, 2010.

"Daddy King" as he was lovely known by the Visitacion Valley Community was an icon in the Valley for over 55 years.

Mr. King was born September 16, 1919 in Big Sandy, Texas. After leaving high school, he moved to Colorado to pursue a career in the meat packing business as a hutcher.

After several years, a job opportunity allowed him to relocate to San Francisco. Mr. King worked several years in the Butchertown area of the Bayview. Over the yearshe held many protessions. He worked for American President Lines where he served as a stewart and union representative for 17 years and as long-

shoreman until he retired. It was during his retirement that he began his pursuit as community activist.

In 1979 Mr. King founded the and dedication to his community. short documentary. Visitacion Senior Escort program, a van based transportation pro-San Francisco

Mr. King would generously until his illness make his vans available to any into the Para Transit Hall of Fame for his 27 years of service.

Seeing a need for affordable Mr. King collaborated with Mercy can Community Center. Housing Inc., to form the John King Senior Community, Inc

center and childcare facility. The Britton Courts. John King Senior Community, Mr. King was also one of the Daddy King leaves behind "a located at 500 Raymond Ave. is a featured interviewees of the legacy of faith, hope and



John W. King, Sr. leaves behind a legacy of faith, hope and leadership.

He endeared the political insight. Mr. King is survived by his of the now Speaker of the House, wife, Violette B. King of 54 years gram that would go on to become. Nancy Pelosi and held an annual and sons Jerome King of Denver

Mr. King served on numerous comorganization that had a need for munity boards and organizations friends, innovative programs transportation. He was inducted over years. He was along-time mem- and services, community based ber of the Visitacion Valley Task organizations, and seniors and Force, past president of the Visitacion residents of John King Center of Valley Community Center board of all ethnic backgrounds. housing for seniors in the directors and served on the execu-Visitacion Valley community, tiveboard of the Asian Pacific Ameri-repass, Speaker of the House

bers of the Geneva Valley Devel-paid their respects in person In 1991, with support from opment Corporation (now known and by proclamations in the Nancy Pelosi, he spearheaded the as The Visitacion Valley Commu- both United States Senate and construction of 90 units of nity Development Corporation) State Senate for Daddy King! affordable senior housing that played a major role in the complex that also housed a senior building of Hentage Homes and family at 59 Castillo St., San

testament to Mr. King's vision Visitacion Valley: Circle of Elders leadership!

a model for future senior trans-birthday party in her name and John (Subiani) W. King Jr. of portation programs throughout honoring her commitment to the San Francisco, six grandchildren Visitacion Valley community up and seven great grandchildren.

He leaves to honor his legacy of leadership an extended family of

At the funeral and at the Congresswoman Nancy Pelosi He was one of the founding mem- and State Senator Leland Yee

> Condolences can be sent to the Francisco, California 94134.

### "Lend a Hand" Stop in Valley Helps **ROCK Youth Organization on TV**

(ROCK) just keeps getting better. In the predawn hours of June 21,

ROCK staff, supporters and youth from the community gathered in the playground of Visitacion Val-that loves to give away samples), ley Middle School to receive a Home Goods, Glidden Paint, Two "surprise" from weatherman Al-Men and a Truck, and You-Roker of NBC's Today Show.

Al Roker was in town to "Lend a Hand." The Today Show's "Lend had received nearly \$1.2 million a Hand" charity helps small dollars in donated goods and sercharities across the country that vices. With this level of generous work toward improving condi-support and the tireless committions in their communities

ROCK was profiled in a taped seg- new heights in their personal dement, but the real excitement began as Al Roker went live.

ley residents was broadcast to the healthy development of chila national audience

prise" by rolling up the doors of portunities to those who might three huge semi trailers each not otherwise have access. filled with donated goods.

sports equipment, school and art success of the youth that it serves supplies; Gymboree donated through a combination of innearly \$100,000 worth of clothing; school and afterschool learning 24 Hour Fitness donated \$70,000 enrichment, sports and titness, worth of fitness equipment; HP leadership training and outdoor gave \$65,000 worth of computers adventure opportunities. and equipment; Old Navy donated \$11,000 worth of clothing.

The list goes on and on with contributions from Jansport, Toys R Us, Six Flags Discovery Kingdom, Golden State Warriors, United Airlines, Hyundai, Expo or online at www.Rocksf.org Dry Erase Markers, Wells Fargo, Way to go ROCK! Keep up the Columbia Sportswear Company, great work!

Nathan Performance Gear, Real Options for City Kids Squaw Valley USA, Naked Juice, Funky Monkey Snacks, Marvell, Microsoft Office 2010 Student Software, Vans, Penske, Dyson, Sara Lee, Kiehl's (The company

By the end of the event, ROCK ment of ROCK's staff, the youth Curt Yagi, Executive Director of Ol Visitacion Valley will reach velopment.

Real Options for City Kids The crowd of cheering Vis Val- (ROCK) is dedicated to nurturing dren hy listening attentively to Al Roker unveiled his "sur- their needs and by providing op-

ROCK aims to promote the posi-Target donated \$170,000 in tive development and long-term

ROCK's programs are designed to serve girls and boys, ages 6-17, who live in or attend school in San Francisco's Visitacion Valley.

ROCK is located at 590 Leland Ave and can be reached at (415) 333-4001

### Top Uses of S.F. Library's Computers

San Francisco Public Library online for political causes and (SFPL) participates in national candidates, and with clubs and U.S. Impact Study examining free nonprofit organizations. access to computers and Internet Of the 196 users (22 percent) in public libraries

and Internet usage at public lifor civic engagement, the most braries estimated that 203,702 frequently reported uses were to technology resources in the past news events, particularly inter-

While it's long been evident that important these resources are to sources for social purposes. the community for accessing intertainment.

The U.S. IMPACT web survey, conducted by the University of outside the U.S. Washington Information School Melinda Gates Foundation and working sites. the Institute of Museum and Library Services, queried 1,746 San lar topic of information for the Bottled water companies are Francisco Public Library patrons computer users at San Francisco over a two-week period in June Public Library, responsible for

ion, the library plays a watersheds that provide this pal water providers that are regu-vital role for job seekers: 23 per- someone else. In 2009, the drinking water pro- water, ensuring that human ac- lated by the Environmental Protec- cent of the SFPL respondents re- Looking deeper, 17 percent were letters and resumes, and research about diet or nutrition.

> job opportunities online at the Li-cent reported that the informabrary, 30 percent were granted an tion they found helped them from U.S. Environmental Protection barrels of oil to make the interview and 15 percent, or 24 make a change to their diets. individuals, reported actually being hired for a new position.

> > of the survey respondents.

Of the educational users, 63 percent of the youth surveyed computers or Internet for homeing water to 2.5 million people in work help while 9 percent of the study of who uses public com-

SFPL also provides an impor-

public libraries who reported they had used the A national survey on computer Library's technology resources people used San Francisco Pub-learn about social causes and lic Library's free public access politics and to keep up with national or hometown news.

San Francisco's patrons also are the Library's public computers using the public access technoland Internet access are very ogy to keep in touch with family popular among library visitors, and friends, with 32 percent of this study confirmed just how survey respondents using the re-

The most common usage, at 26 formation on employment, edu- percent, was to communicate cation, civic engagement and en- with family and friends online; respondents reported that 43 percent of these online contacts lived

Fourteen percent used the with support from the Bill & Library's resources on social net-

Health care was another popu-

20 percent of respondents look-Not surprisingly in the midst ing for information for themselves and 9 percent to help

porting using the library comput-seeking information about an ill-More details on testing and report- ers and Internet access to find ness, disease or medical condition promise the quality of the ing differences can be found at online job postings, write cover and 12 percent wanted to learn

Of note, for those that learned Of the users who searched for about diet and nutrition, 78 per-

On a national basis, the study found that nearly one-third of Education and learning were Americans age 14 or older filter water from the Hetch Water Quality Report, or to receive also among the top uses of pub-roughly 77 million people - used lic access computing for SFPL a public library computer or patrons, according to 24 percent wireless network to access the Internet in the past year.

The report, Opportunity for All: How the American Public Benefits said they used the Library's from Internet Access at U.S. Libraries, is based on the first, large-scale "Every year this report confirms four Bay Area counties, either di- adults used them to learn about puters and Internet access in degree and certificate programs. public libraries, the ways library patrons use this free techto engage with their community and how it affects their lives.

### SFPUC Encouraging Customers to Drink Tap Water The San Francisco Public Utiliagencies, as it has in years past.

ties Commission (SFPUC) an-San Francisco resident.

provides important information out the 167-mile system. about San Francisco drinking wa- In addition, SFPUC Watershed ministration (FDA) and have significontaminants, and water quality. Hetchy, Alameda, and Peninsula, porting requirements than municiegulations.

vided by the SFPUC met or ex-tivities or unforeseen circum-tion Agency (EPA). ceeded water quality standards set stances, such as fire, do not comby federal and state regulatory



Our roving photographer recently found this in his travels around the Valley. Is in art? You be the judge.

nounced June 16 the release of its vision constantly monitors the water is safer than tap water. annual Water Quality Report, system's water quality. In 2009, When was the last time a bottled which has been mailed to every Water Quality Division staff con-water company issued a compreducted more than 105,000 tests of hensive water quality report? The state-mandated publication drinking water quality through-

ter, including its sources, potential staff carefully manages the Hetch cantly less stringent testing and re-. system's water.

> Indeed, the Hetch Hetchy wa- bw/table1.html. ter source is so clean and protected, that source has been facturing adversely impacts the engranted a filtration exemption vironment by using an estimated tion Agency and the California plastic water bottles Americans use Department of Public Health, so each year. that the SFPUC is not required to Hetchy Reservoir.

> In compliance with the exemption, the SFPUC maintains a SFPUC website at www.sfwater.org/ waterborne disease monitoring quality. Translations in Spanish and program - one of the very few in Chinese are posted on the same site. the country — as ongoing formal documentation that no out- ties Commission provides drinkbreaks have occurred.

what our customers already in- rectly- to the City of San Franstinctively know that our wa- cisco and a few areas outside of ter is one of the best in the nation," the city – or indirectly through tant function in allowing citizens nology service, why they use it, said SFPUC General Manager Ed 27 wholesale agencies.

Harrington. "People should stop The SFPUC's Water Quality Di-believing in the myth that bottled

regulated by the Food and Drug Ad-

www.nrdc.org/water/drinking/

In addition, bottled water manu-

For more information on the 2009 a copy, call 415-554-3289.

The report is also available on the

The San Francisco Public Utili-

### **Grapevine Mailbox**

### Santa Clara Stadium

The owners of the San Francisco and financing gaps remain.

Hunters Point shipyard. That re- Mayor Gavin Newsom

development plan, which received a major boost just last week, will bring new housing, parks, jobs and Californians in a world-class bayside stadium for

When the Santa Clara plan falls 49ers pulled out all the stops and apart, San Francisco stands ready spent millions to persuade Santa to welcome its 49ers home. We will Clara voters to support Measure J, continue to work with our fans, so its passage was a foregone con- community leaders, Carmen clusion. But the vote in Santa Clara Policy and the NFL to keep that is truly only the first step down a option open. But we will not wait very long road towards building a forever, and our redevelopment stadium there. The stadium plan plans at Hunters Point are moving is built on shaky economic ground, full steam ahead with or without and a significant math problem them. The San Francisco 49ers belong in San Francisco, and there's In 2008, San Francisco voters no better opportunity for a firstspoke loudly and clearly in favor class fan experience, beautiful of keeping the 49ers in the City bayside setting and world-class when we overwhelmingly apstadium than what we can offer proved Prop G and a redeveloped right now at Hunters Point.

\*AB 1800 – Landlord Imposters tribute to the document that led to on criminals who pose as owners instead an opposing nightmare a new way of life – the Declaration of a residential dwelling to crack This year, we celebrate the 234th wake of the State's foreclosure cri-

\*AB 1960 - California Grown

\*AB 1987 makes sensible and On July 4th, as we celebrate with strong reforms to California's local closure activity. Last year, banks retirement systems in order to foreclosed on almost 200,000 homes guard against abusive practices in California, and that number is men who signed the Declaration of like pension spiking and double-

\*AB 2600 would require the Medi-ownership. Some of these cans can enjoy the privileges of free-cal Board of California to consider homeowners could have options to including a continuing education keep their houses through loan Key Legislation Passes Assembly course in the diagnosis and treat-modifications, but many have enment of viral hepatitis, a leading countered difficulty working with

For more information of legisla-

### Celebrating Our Independence Day

by Assemblyavoman Fiona Ma

the origins of our freedom, our rights, our responsibilities and pay of Independence.

birthday of the Declaration of In- sis dependence. The Declaration of Independence reflects our swers to freedom and self-government, it served as a blueprint those that are imported and provided the impetus for our Revolution and our Constitution form for self-government.

parades, barbecues and fireworks, I urge you to remember the brave Independence and to honor those dipping and to protect taxpayers. individuals, from the Revolution to the present, who have tought and B Medical Education given their lives so that all Ameridom and independence.

and Moves to Senate

Last month my key legislation cause of death in the State. met the Assembly House of Origin deadline and moved on to the

Below is a snapshot of legislation currently in the Senate:

\*AB 1656 - Animal Fur Labeling \*AB 1656 would address the fedments sold in California that con-separate court processes. tain animal fur to be labeled with the type of animal fur and the countion, visit www.leginfo.ca.gov.

try of origin regardless of how On the Forth of July we celebrate much they are worth.

\*AB 1800 will enhance penalties down on property crimes in the

\*AB 1960 encourages the state or nation's founding and its heritage. any of its agencies to purchase While it did not give all the an-fruits, nuts, and vegetables that are ation has led to the deterioration of produced in California rather than

\*AB 1987 – Pension Spiking Re-

\*AB 2700 - Separation Equity Act ten similar and occasionally hor-\*AB 2700 is an equality measure rific. Servicers lose or misplace a that will permit same-sex and borrower's loan modification paother couples who are both married and registered as domestic partners to dissolve both relation- hours and then disconnected. ships in a single proceeding, rather Servicers give borrowers conflicteral loophole by requiring all gar- than having to go through two ing answers regarding the status

### Tire Safety Tips for Avoiding Blowouts

as your tire's air pressure can cause fected. problems

ing cause of tire blowouts, accord- uniform tire wear and improve avoid foreclosure. ing to the Rubber Manufacturers road performance. Tires rotated Association. Each year, there are every 6,000-8,000 miles have over 650 fatalities due to car acci- longer life and help maximize

every long trip, you when you rotate. should look at all your tires, in- 4. Get It Straight - Proper tire inflation pressure.

in shape for road trips:

pressure decreases fuel economy. and last longer. The specific inflation pressure number can be found on the vehicle placard located on the driver's side doorpost, glove box door, fuel accurate pressure, check tires when cool and don't forget the spare.

2. Lighten Your Load - Over-

VILLENGIONVALLEY

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To keep your car on the road to loading decreases fuel economy due safety and savings, you need to to increased wind drag and cargo stay on top of vehicle maintenance. weight. Handling, control and Overlooking something as simple braking are also negatively af-

3. Rotate Before Rollin' — Underinflated tires are the lead- Regular rotation helps achieve dents with underinflated tires. your tire investment. It makes That's why at least once a month sense to get a tire inspection

cluding the spare, and check the alignment provides safe, predictable vehicle control, as well as a ride process so they can potentially Here are five tips to keep your tires that is smooth, comfortable and free of pulling or vibration. Proper 1. Don't Wait to Inflate - Low tire alignment helps tires wear evenly

5. Bald Isn't Beautiful — Lack of tread affects the tire's ability to grip the road. Make sure tires don't have uneven wear, high or low door or in the owner's manual. For areas or unusually smooth areas that can increase the risk of road accidents.

> "Don't put off seeing your tire professional. Tire pressure affects many aspects of your car, including steering, braking and gas mileage," said Mark Ballard of Discount Tire Company, the world's largest tire and wheel retailer. "If your vehicle is properly serviced and your tire pressure is at the appropriate level before hitting the road, it will help you head off potential tire problems."

> For more information on tire safety, visit www.Tires.com. NAPS

### The Fight to Keep Their Homes

Ing Senator Mark Leno

In 1944, President Franklin D. Roosevelt proposed in his State of the Union Address a Second Bill of Rights, known more specifically as an "economic bill of rights."

"We have come to a clear realization of the fact that true individual freedom cannot exist without economic security and independence... In our day these economic truths have become accepted as self-evident. We have accepted, so to speak, a second Bill of Rights under which a new basis of secunity and prosperity can be established for all—regardless of station, race, or creed." - President Roosevelt, January 11, 1944

Among these truths he laid out was "the right of every family to a decent home." Nearly 70 years after President Roosevelt laid out this dream for our future, we have scenario. Families across the country are being torn from their homes, in some cases after living there for many years, due to inflated and unsustainable mortgages and the collapse of our financial markets. Nationwide, this situmany communities and neighbor-

hoods. In the first quarter of this year California alone accounted for 23 percent of the nation's total foreexpected to rise this year. Behind these statistics are families, includ-\*AB 2600 - Continuing Hepatitis ing elderly Californians, who are losing their homes after years of loan servicers. The stories are ofperwork – sometimes repeatedly. Homeowners are put on hold for of their loan modification application. Worst of all is when a servicer forecloses and sells a borrower's home while the homeowner is being considered for a loan modification or is making payments on a

mutually-agreed upon trial plan This situation cannot continue. While we know there is no quick fix for our nation's foreclosure cnsis, there are important steps we can take to help homeowners

Earlier this year Senate pro Tem Darrell Steinberg and Lintroduced Senate Bill 1275, the Homeowner's Bill of Rights, which aims to prevent unnecessary foreclosures. SB 275 provides rights and remedies for homeowners working their way through the loan modification avoid foreclosure. Under this legislation, lenders cannot foreclose on a home while a borrower is being evaluated for a loan modification. If a loan modification is not a viable option for a homeowner, loan servicers must provide borrowers

with a detailed explanation. The foreclosure crisis has also impacted residential homes that specialize in caring for the elderly. Across the state elderly residents have lost their homes - often without any prior notice whatsoever because the owner of the care facility has lost the property due to foreclosure. In recent incidents, residents had no idea they were losing their homes until sheriffs had them forcibly removed, leaving Adult Protective Services scrambling to find emergency placements. These last-minute notifications have an especially devastating effect on the elderly since they are often frail, highly susceptible to transfer

daily living

formia seniors who live in residen- Bill of Rights was unfortunately nerable care facility residents and sweet home - for everyone. their loved ones are notified when With such notification, they will be www.sen.ca.gov/Leno. better able to carefully plan for a possible move and avoid dangerous last-minute evictions

trauma and rely on assistance for suffering caused by our nation's financial collapse. Although Presi-To strengthen the rights of Cali- dent Roosevelt's vision of a Second tial care facilities, I have introduced never implemented, we can still Senate Bill 1329. This bill, sponsored draw strength and direction from by California Advocates for Nurs- his vision of a better and brighter ing Home Reform, ensures that vul-future - and the dream of home

For more information about their home is being threatened. these bills and others, please visit

Senator Mark Leno represents the Third Senate District of Califorma, which includes portions of San Francisco and Sonoma Countes and all of Mann County He can be reached via the web SB 1275 and SB 1329 present two atwww.sen.ca.gov/Leno.byphone.in.the San Francisco Ds-tinc Office at 415-557-1300 or San Rafael District Office at 415-479-6612, or bye-mail. Senator Leno@senate.ca.gov

### McLaren Park News and Notes



Monica Treanor designed a mural featuring the wildlife of the African Savannah

### A Treat for the Eyes

by Betty Parshall

The small playground at Burrows and Peru streets has a cheerful new feature that adds a lot to the pleasure of this spot in the park. A bright and attractive mural featuring the wildlife of the African Savannah now covers the retaining wall around the court. The First Five organization of San Francisco sponsored the project. The play area had recently been spruced up with new swings, a BBQ pit, basketball backboard and fresh white lining of the court area. The Parent ACTION group then went to work with planning and, finally, installing the mural.

Monica Treanor designed the mural, and she, along with Cindy Wong, Birgit Cory and Trilce Farrugia spent about eight months in planning and holding children's workshops and a lot of meetings to bring the installation to a successful conclusion. About thirty families were involved in the planning and the painting of the mural. It's both colorful and educational, and it's fun to see parents and children gazing and naming the animals and birds depicted. Monica also designed the mosaic tile work that enhances the planter at McNabb Lake that was planned and carried out by the same folks. They are committed to beautifying McLaren Park and have already identified a possible project for their group to tackle next. If you approach the mural from downhill, be sure to walk around the entire wall to view the African elephants thundering in the back. Involving parents and their children together in such endeavors is a major objective of First Five, and the small handprints that adorn the mural illustrate the success of this goal.

### Celebrating Love and Parks

Linda and Joe Litehiser, both park enthusiasts who have volunteered with Friends of McAllen Park and also Friends of Camp Mather, were married in Yosemite National Park not long ago. It was a small wedding, and since they wanted to share their happiness with everyone they know, they had their "reception" at the Jerry Garcia Amphitheater on Saturday, June 12. A huge banner graced the wall behind the stage adorned with the words 'Celebrating Love and Parks." I didn't try to count the number of people but it was a very big crowd who came to share the food, music and good company. Linda and Joe did a repeat of their wedding vows and danced to a favorite Sinatra ballad as the crowd cheered. A good time was had by all and we wish them many happy years and times together and thank them for all their good work on behalf of the parks. It was a great party.

### Save McLaren Park Event

On Sunday, June 13 dozens of people came together at the group picnic area for a potluck picnic, turn in signed petitions and get an update on the progress of the drive to stop the installation of a disc golf course in the park. Up to the time of the picnic over 1300 signatures had been gathered. Informational sheets were available for distribution. One piece of advice was offered about contacting the Recreation and Park Commission, that while e-mails are good, a written and mailed letter is much more effective. With the ease of e-mail has come a perception that it's just too easy - a written, stamped and mailed letter represents an effort that emphasizes how serious the writer is. So if you have e-mailed the commission, it would be even better if you could print out that letter and mail it. For more information about Save McLaren Park go to www.savemclarenpark.org

### Mark Your Calendars

Woman's Will, founded in 1998, is the Bay Area's only all-female Shakespeare's company. They will be performing free performances of Much Ado About Nothing at McLaren Park's Jerry Garcia Amphitheater on Saturday, August 28 and Sunday, August 29. Both performances start at 1 p.m.

Those of you who saw The Taming of the Shrew last year know how good this group is, and how quickly one becomes unaware that all the roles are played by women. We'll remind you again as the dates draw nearer, this is an event you're sure to enjoy.

### .. from the desk of the VVBOOM newsroom

by Nick Wolff

Consignment Boutique **Energizes Bayshore** 

You can't help but soak up the positive energy radiating from the corner of Blanken Avenue and Bayshore Boulevard this

It began the first weekend June, when the San Francisco Sewing and Quilting Collaborative held a Soft-Grand Opening of their two storefronts at 2189 Bayshore Blvd The delightfully vibrant intenors of this multiunit collaborative are a powerful economic force that has the potential to spur shopping activity along the block up to Teddy Avenue. But the woman behind the storefronts is quick to point out the collaborative's nonprofit status and the fact she is thinking beyond the boutique's revenue

Linda Hannawalt has been collecting equipment such as sewing machines, shelves and cutting tables from various quilting stores that have dosed in San Francisco over the past few years. She used to quilt professionally for Black Cat Quilts, a neighborhood shop on Ocean Avenue that had to dose its doors and has now set her sights on expanding San Francisco Sewing and Quilting Collaborative right here in Visitacion Valley

The Collaborative already has relationships with three nonprofits in San Francisco including St Anthony Foundation - Madonna Senior Residence, the Homeless Prenatal Program and Metropolitan Fresh Starthere in Visitacion Valley Linda bounces between all three organizations, managing to keep the classroom doors open at 2189 Bayshore Blvd. on Wednesday, Fnday and Saturday from 10 a m. until 5 p.m.

What services does this nonprofit provide? advanced dothing alterations They've already donated over 120 comdevelop a curriculum and schedule, Bayshore Boulelvard





munity quilts since the first of the year to employment how to repair their own dothes accessories. Many of the items for sale are baby showers at the Homeless Prenatal so they look sharp for interviews. One of the from local artists and 100 percent of the pro-Program, wheelchair quilts for veterans as reasons she located to Visitacion Valley was ceeds benefit the San Francisco Sewing and well as patients at Laguna Honda Hospital. to be close to Metropolitan Fresh Start and Quiting Collaborative. San Francisco Sewing and Quilting Col-her friend Kinwood DeVore She also notes laborative doesn'l just make quilts for the good public transportation access to her foot traffic and visitors who walk in curious to chantable causes, they're dedicated to location via the T-Third Muni line as well as see what is inside. The eye-catching winteaching the art of quilting and clothing the sheer attractiveness of the commercial dow display can be seen at 2189 Bayshore alteration Starting in September, they will spaces as reasons to open up shop on Blvd., while the boutque is open for business

where professionals will instruct classes The shop, Consignment Boutque boasts to 5 p.m. and Tuesdays by appointment.

ranging from basic sewing and quilting to a stunning floor display of items including jewetry, handbags, pillows, dothing items (hats, Linda wants to teach job seekers looking for scarves, purses) as well as multitude of home

> Lindahas been pleasantly surprised by the Wednesdaythrough Saturday from 10 a.m.

### Save Time, Save Money - Support Neighborhood Businesses



WBOOM partnered with the San Fran- Third Muni platforms

Have you noticed the Shop Local post-cisco Municipal Transportation Agency ers along the T-Third Street Muni line? (SFMTA) to print and post shop local post-that by spending money locally, more rev-To promote shopping in Visitacion Valley, ers at both the Arle1a and Sunnydale T- enue is retained, creates local jobs and keeps



goods and services in Visitacion Valley.

### Home Stretch

"We are almost done." That was the message delivered from the Leland Avenue Streetscape Project management team to a room full of local small business owners eager to embrace the end product.

The Leland Avenue Merchanl Group convened our quarterly meeting The evening of June 16th with a familiar format, starting with an update on local crime trends from Ingleside Police before a briefing on the final phase of streetscape construction along Leland Avenue.

Without giving an exact date of completion, Alex Murillo (Public Affairs Officer, Department of Public Works), Kris Opbroek (Project Manager, Department of Public Works) and Tim Frey (Project Engineer, McGuire & Hester) assured everyone the end is near by laying out an approximate concerns around loading and unloading. between late July and mid-August.

Merchants on-hand expressed specific merchants to contact them directly



construction schedule that will conclude on sidewalk and storefront adjustments as well the north side of Leland Avenue sometime as the unavoidable parking shortage directly to project representatives who encouraged

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### Visitacion Valley History Project **Growing Up in Little Hollywood**

by Betty Parshall

Jacqueline Bauman was born in 1934 and spent several years of her childhood at the family home on Lathrop Avenue in Little Hollywood. Her older sister Eleanor was born in 1933. Both births happened at 4 p.m. when the SP train came roaring out of the nearby tunnel.

"Toot-toot and there was little Eleanor; toot-toot, and there was little

Sissy!' So the family story went.'

"My sister and I grew up with Candlestick Cove bay as a favorite place. We knew Bill Manuel, the man with the wooden leg, from the get-go. His huge flat barge was beached with a plank for getting to shore, had living quarters for him, his wife Mary and their two children. He salvaged iron from the old ships in the cove and lost his leg doing so. He also worked as a security guard for the housing project.

"One morning after a fierce storm my father returned from the bay saying the barge was way out in the middle floating free. He called the coast guard and Manuel's boat was towed back in. We all went down

and watched the show. No TVs but a great life."

"My sister and I, when we were very little, liked to sit and watch the trains come out of the tunnel. I had a way of, well, it was only God that kept me from being killed while I was growing up. I would do things and I'd get kids to do it with me, and sometimes it wasn't real smart. My sister would never do anything on her own, but I'd tell her come on; we climbed onto the metal beam over the tunnel and sat there in our dresses.

Isaid 'Look!' And a train came out of the tunnel and we almost got killed,

the smoke that came up!"

Candlestick Cove housing project was built to accommodate the shipyard labor force during World War II. Jackie related that her father

had planted nasturtiums that had gone to seed.

"I said, I'm going to sell these seeds in the project, and my father said that's a good idea, so I got some paper and made flour and water paste, and I made these envelopes. I put the seeds in them and I wrote on them 'five cents.' I probably had twenty packages, I said 'o.k., I'm off.' I was probably eight years old, and I sold them all. People bought anything I ever had. I bought some religious pictures with glitter that I could get ten for a dollar, and could sell for twenty cents each. Away I'd go to the project to sell, and saw nasturtiums growing all over. I loved the projects.

Jackie and Eleanor loved to go swimming in the bay, accompanied by

"We were the weird family that swam in the bay. Pollution? Well, what about it. It wasn't as bad as people made it out to be. We swam at the north end. The wind usually blew north to south. We knew if the wind was blowing from the south, stay out of the water. Life was simple."

The childhood experience of swimming in the bay was very precious to the girls. During her last illness Eleanor told her sister she would like her ashes scattered in the bay. This was done, and later Jackie had a memorial picnic table installed in the state park in Eleanor's memory.

Jackie recalled many of the stores on Leland Avenue during her young days. It was Mr. Rossi of Rossi's Pharmacy who told her mother to get Eleanor to the doctor after the child was hit by a baseball while playing in

the Visitacion Valley playground sandbox.

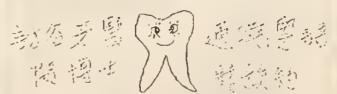
"I remember Romer's Drugstore, I did not like Mrs. Romer. My sister thought she was wonderful, but Mrs. Romer scared me. The Punity Market was right next to the Bank of America, and the corner bar (Leland and Bayshore) was always there. And the library, I remember the library. Did you know there used to be a phone booth in the library? There was a family that lived on Tocoloma and the family man went into the phone booth and shot himself there. There were bad things that happened back then too, there was a depression."

"We went to the Bayshore Theater, that was where we got our news. I remember the war newsreels, we were always winning and it was great. My older brothers came home from the war and brought a lot of foreign coins. I lined up those coins with nickels and dimes and went to the Bayshore Theater and used them in the candy machines. One time there was a sign on the machine that said "broken" and I thought it was written all over my face that I did it! Heft the movie before it was over."

The best thing about the neighborhood was the ethnic and financial blend. One next-door neighbor owned the Evergood Sausage Company, and on the other side they owned a big restaurant downtown. So you had people who owned businesses and people who just worked for a living. And there were Maltese, Italians, Scots, and Cermans. I remember when a Chinese family moved in on the corner and the real estate agent sent a petition around the neighborhood asking if was o.k. if they moved -Excerpts from the Oral History of Jackie Bauman in and everyone said yes."

### VISITACION VALLEY **DENTAL OFFICE**

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m. **Closed on Thursday** 

> Phone 239-5500 for an appointment Cantonese Spoken

### around the Joe Leland neighborhood

\*Farmers Market at the Cow Palace: Starting Saturday, July 24th, a weekly Farmers Market will open at the Cow Palace (Gate 5). At press time all the details have not been revealed, but it appears that the Farmers Market will be seasonal. The goal is to activate an underutilized area of the vast Cow Palace site by providing a convenient, aftordable, and healthy shopping option to the surrounding San Francisco and Daly City communities. The market will run from 9 a.m. to 1 p.m. each Saturday throughout the summer.

\*It's Getting Crowed in Here...: November 2, 2010 will bring the residents of District 10 a new Supervisor for the first time in 10 years. The race is crowded now with 25 declared candidates plus the real possibility of more to come. Start doing your homework now. Find out were the candidates stand on the issue that are most important to you and our community. Become an informed voter. Declared Candidates: Cedric Akbar, Bill Barnes, Isaac Bowers, James Calloway, Malia Cohen, Edward Donaldson, Kristine Enea, Marie Franklin, Rodney Hampton Jr., Chris Jackson, Espanola Jackson, Tony Kelly, DeWitt Lacy, La Vaughan Moore, Geoffrea Morris, Steve Moss, Jacqueline Norman, Nina Pickerrell, Ashley Rhodes, Dwayne Robinson, Diane Wesley Smith, Eric Smith, Lynette Sweet, Marlene Tran, and Stephen Weber. See; http://www.sfusualsuspects.com/elections/

\*Coming Soon. Street Life on Leland: The Leland Avenue Streetscape Improvement Project is nearing completion after several months of demolition and detours. Thankfully the finished product is starting to shine and might just be worth all the aggravation. The most visual element of the project will be the massive public art sculptor named "Street Life." Soon to be installed at the Leland - Bayshore intersection, "Street Life" was designed by REBAR, a San Francisco based arts collective. "Street Life" will consist of twenty-three metal poles topped with old parking meter heads that are joined around a central support. This destined to be iconic sculpture will be at

'Mark Your Calendars: After a one-year hiatus (see above) the Leland Ave. Street Fair will be back and will be bigger and better then ever! The date is Sunday, September 19th, 2010. Mark your calendars!

'Quote of the Month: "There is more to life than increasing its speed." -Mohandas Gandhi

### Saturdays Are Special at Randall Museum

\$6 a child or \$10 for an adult and heautiful styles. pating adult.

approximately ten feet tall.

Members of the Randall Museum Friends and Arts Card holders receive a 2-for-1 discount. Sign up at the museum's front desk to participate; the last sign-ups are taken at 3:30 p.m.

\*July 3 - Engineer and build a marble run for hours of rolling fun! \*July 10 - Bring in a special memento or use one of ours as the stories on California history. focal point to create a 3D collage. \*July 17 - Illustrate your own fantastically fabulous Flip book. \*July 24 - Learn about the di-

### Grapevine on the Web

Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com

Drop in Saturdays between 1 verse patterns of the Persian rug and 4 p.m. to create all kinds of and the Navajo blanket as you art and science projects. Cost is paint a bookmark in one of these nate tor 10 minutes

nets and jewelry

### **Book Review**

### California's Vibrant History

Alton Pryor's 19th and newest book on California history (Stagecoach Publishing, \$11.95) contains 28 completely different historical

Read on: Did you know that a French revolutionary pirate attempted to loot California in 1818? chicken. Did you know that California's first governor resigned after little more than one year in office?

Did you know egg thieves ravaged the Farallone Islands for bird eggs to satisfy the appetites of the gold

### Free Composting Class

Give your summer garden a boost that will guarantee vibrant colors and tasty veggies for the months to follow at a free class at Garden for the Environment, 7th Ave at Lawton Street on Saturday, July 10 from 10 a.m. to 12 noon.

Aside from encouraging beneficial soil organisms and conserving a non-renewable resource, composting makes an excellent fertilizer that releases nutrients slowly at a rate which the plants can use them.

### **Cooking Corner**

#### California Avocado Garden Stir-Fry

1½ Tbsp. prepared low-sodium balsamic dressing; 2 tsp. crushed, dried tarragon leaves, divided; 1/2 lb. boneless skinless chicken breasts, cut into 1-inch pieces; 1 Tbsp. canola oil; 2 leeks, white part only, thinly sliced and made into rings; 3 cloves garlic, thinly sliced; 1/2-inch thick rounds; 1 (8-oz.) package crimini mushrooms, sliced; 1 red bell pepper, cut into ½-inch wide strips and halved; t orange bell pepper, cut into 1/2-inch wide strips and halved; ½ tsp. salt; ½ trimmed; 2 Tbsp. honey; 2 ripe, fresh California avocados, peeled, seeded and cut into 1-inch cubes (Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.); 3 cups cooked hrown rice.

In a medium howl, combine salad dressing and 1 tsp. tarragon. The suspect then fled the scene on foot Add chicken, stirring to coat. Mari- He was described as an African-American

pink inside. Remove chicken from pan and set aside.

hot. Add leeks and garlic. Stir-fry for 2 minutes. Add eggplant, mushrooms and bell peppers. Season with salt, pepper, red pepper flakes and 1/2 tsp. tarragon. Stir-fry for 2 minutes. Cover and steam for 2 minutes.

4. Stir in broccoli, pea pods, honey and remaining ½ tsp. tarragon. Cover and cook for 2 minutes.

6. Serve over brown rice. Serves 4. Nutrition Information Per Serv-2.5 g, Trans 0 g, Poly 4 g, Mono 11 g); Cholesterol 35 mg; Sodium 410 mg; Total Carbohydrates 83 g; Dietary Schwenn Street, officers responded to a resi-Fiber 23 g; Protein 26 g

### Visitacion Valley Police Report

#### **Police Cases**

\*On May 23 at 6:02 a m. on the 200 block of the report of a theft. The victim said that she anything or anyone came out of her house to find that a man was standing the open driver's side door of her car. The suspect was described as an African-American male (6'0", 180 lbs.) wearing a black hooded sweatshirt and black pants. The suspect gol into a white 2-door Acura and drove away from the scene. Missing from inside the car were some speakers. At 6.14 officers were dispatched to the report of an auto-burglary. The victim said that he returned to his parked vehicle to find that it had a shattered window. Missing from inside the vehicle

\*On May 25 at 2:51 p.m. on the 1700 block of SunnydaleAvenue, officers observed a group of six subjects known to them to be gang members congregating in the public housing neighborhood. The officers were also aware that five of the six had either slay away orders for the neighborhood and other gang members. or provisions in their probation/parole prohib-3 Japanese eggplants, sliced into iting them from the same. As the officers approached the group they dispersed in various directions and eluded the officers. The probation officers assigned to the various subjects. At 5:10 p.m. on the 3300 block of San florets; 1/4 lb. pea pods, ends entered through windows accessible by a fire Avenue and Santos Street, officers were disvictim said that she was on the 8X Muni line when the bus stopped at the comer of victim's purse which had been resting on her male (5'4" 150 lbs., 20-25 years old) with 2. Heat a 12-inch skillet with cover shorthair. At 10:20 p.m. on the 1800 block of hand. They located the suspect in his home, 3. In the same skillet, heat oil until one door away, and took him inlo custody

The two adult men argued about a favor that was requested and did not one of the men called the other outside to fight. victim grabbed a stick. The victim successfully followed him in and grabbed a knife from the 5. Stir in avocados and cooked victims sink and used it to slash the victims arm/ eration. The suspect then ran back to his own ing: Calonies 600; Total Fat 22 g (Sat home where the officers later found him and took him into custody

\*On May 26 at 3 a m. on the 200 block of NAPS dence regarding a found bullet. The officers was booked at Bayview Station

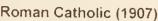
spoke with a resident of the public housing unit who told them that though he and his uncle were asleep in the home at the time of the incident that they did not hear anything, but found a damaged window and wall as well as a bullet fragment. Neighbors told the victim that Blythdale Avenue, officers were dispatched to they heard shots at about 3 am, but did not see

\*On May 27 at 7 45 a.m. on the 200 block of

Rey Street, a woman told an officer that her neighbor, with whom she has a long-standing dispute, cursed at her. The victim feared that the dispute would become violent and requested a report lo document the incident. At 10 16 a.m. on the 700 block of Velasco Avenue, officers responded to a robbery call a.m. on the 200 block of Blythdale Avenue. The 54 year-old Asian female victim lold the officers that two African American teenage boys approached her on the sidewalk walking shoulder to shoulder. The suspects approach forced her to step off of the sidewalk into the roadway. One suspect yelled at the victim, punched her several times and then the suspects grabbed for her purse. The victim struggled with the suspects who eventually npped the purse from her shoulder. The two suspects then ran away together into the public housing complex. The victim was injured and was transported via ambulance to the hospital with chest pain. The incident was witnessed by an African American female adult who provided a detailed suspect description to the officers. At 10 54 a m. on the 1800 block report will be forwarded to the parole and of Sunnydale Avenue, officers were on patrol when they observed an African American male adult open and crawl through a rear window Bruno Avenue, officers responded to burglary of a housing unit. As the officers approached tsp. ground black pepper; ½ tsp. calls in the same building. Three separate the house the man opened the front door of red pepper flakes; 1 cup hroccoli apartment units in a building were loroefully the residence. The officers lound out, when the resident returned home, that the man was escape, or by the front door. The victim's loses i related to the resident, but emphatically did not ranged from jewelry to small electronics, and have permission to enter the unit. The resilaptop computers. At 7:28 p.m. at Sunnydate dent, the suspects' unde, was nding the bus with the suspect when they began to argue. patched to the report of a purse snatch. The The suspect told his uncle that he was going to break into his house and he apparently lollowed through with his threat. The suspect Sunnydale and Santos. When the bus was later ated and released. At 3:07 p.m. on stopped, a suspect walked past and took the theunit block of Castillo Street, officers went to the residence of a man wanted on several warrants. The officers took the man into custody without incident. The suspect was booked for three San Francisco warrants

\*On June 8 at 11:45 p.m., officers responded child together. Kids under 8 \*July 31 - Pound out and col- over high heat until hot. Add Sunnydale Avenue, officers responded to a to the area of Bowdom and Felton streets remust be with a paying, particillage bottle caps to make mag-chicken and stir-try until no longer stabbing call Theofficers located the victimin garding a call of a subject attempting to rehis home suffering from a laceration on his move the tires from a parked vehicle. As they approached, they noticed the suspect (as described by dispatch) standing next to a vehicle on a jack. The officers noticed that there were lug nuts on the ground below the tires, which get carried out. The argument escalated when were partially removed from the wheel wells ol one side of the vehicle. The suspect aban-The suspect brought a knife to the fight, so the doned his task as soon as he saw the patrol car and attempted to leave the scene. The disarmed the suspect by striking him with the officers were not about to let that happen and stick, then ran into his residence. The suspect quickly detained him. As they conducted their search of his person for weapons, he was nice enough to warm them ahead of time that he had wrist. The victim hit the suspect over the head a "25" in his back pocket. A "25" is a street with a glass cake cover causing a facial lac-reference to a .25 caliber semi-automatic pistol Sureenough, there it was just like he said in his back pants pocket loaded with a disengaged safety. The car that almost lost its wheels turned out to be stolen. The owner was notified and happily reunited with his vehicle. The suspect

## Church Visitacion



### Over a Century in Visitacion Valley

Daily Masses: (Mon-Fri except Wed) 8 a.m. and Wednesday only at 5:30 p.m.

Saturday Masses: 7:30 a.m. and 4 p.m.

Sunday Masses: 8 and 9:30 a.m. (11 a.m. Spanish) 12:30 and 4 p.m.

Our Lady of Visitacion School: Grades K-8 239-7840. Religious Education: Grades K-8 (Saturday only) 595-1670

Come, Let us worship together!

655 Sunnydale Avenue San Francisco, CA 94134-2838 (415) 494-5517, Fax 494-5513

Rev. Rafael de Avila y Romero, Administrator Pro Tem Rev. Thuan V. Hoang, Parochial Vicar

## All was fleethe

### ST. LUKE'S CAMPUS OPEN HOUSE

Learn more about your new proposed community hospital!

Meet and talk with the St. Luke's revitalization team about architecture, landscaping, sustainability, construction management, and patient services.



Above: Common area at proposed St Luke's Campus

Saturday, July 10 10:00 AM - 1:00 PM St. Luke's Campus 3555 Cesar Chavez San Francisco

Sponsored by California Pacific Medical Center Refreshments will be provided.

For more information, contact Frieda Edgette at edgette@barcoast.com or (415) 364-0000.

#### **Police Cases**

\*On June 9 at 12.54 p.m. on the 1500 block a teen aged child. The officers found the young to another facility. The subject became physically resistive with the officers and head butted released for his actions

went off the night before.

suspect was booked at Ingleside Station.

refused to leave and then entered the store and outside. The victim felt threatened by the man's actions and statements

the suspect stated that it belonged to him. An officer was then told by the victim that he ap-suspect was booked at county jail proached the suspect regarding a broken truck window and began to yell at him when the suspect pulled out a knife and stabbed at him with it and chased him around the street. The incident was witnessed by a construction crew nearby The suspect was taken into custody and later cited and released at Ingleside Stalion At 4:54 p.m. at Sawyer Streel and Sunnydale Avenue, officers observed a vehicle being driven with an equipment violation. The officers conducted a traffic stop on the vehicle and found that the driver had a suspended license and no proof of insurance for the vehicle. The driver and passenger, both African American female adults, were directed to exit the vehicle to facilitate the towing of the vehicle. The officers discovered that the driver had manjuana stoking out of her back pocket. They placed the driver into handouffs. The passenger was also handcuffed when the officers discovered cocaine in a plastic baggie on the passenger seat as she exited. Both women were transported to Ingleside Station. They were both strip searched and additional narcotics, packaged for sale, were seized. Both suspects were booked

\*On June 16 at 2:13 p.m. on the unit block of Leland Avenue, the foot beat officer in the area responded to a local community center and spoke with an employee of the center regarding a local panhandler. The victim told the officer that the suspect had been aggressively panhandling clients of the center so she asked him to move out of the front of the building. The suspect became beligerent with her and made menacing threats, pushed and poked the victim, and trespassed in the building after she told him to leave. The officer located the suspect and took him into custody. The suspect

also had a warrant for his arrest. On June 17 at 10:47 a.m. on the 100 block of Santos Street, officers were dispatched to the report of vandalism. The victim said that someone had smashed the window of her car. At 5.10 p.m. on the 600 block of Campbell Avenue, officers were conducting a probation search of the residence of a known probationer. Inside they found methamphetamine and multiple explosive items which were removed from the residence. The suspect was arrested. At 6:34 p.m. on the 200 block of Blythdale Avenue, officers responded to SFGH to meet with the victim of a stabbing. The victim said that he was standing in the parking lot of his residence when he saw two men fighting The victim said that he tried to get in between the men to break it up, but then saw blood on his shirt. He then realized that he had been stabbed. He was driven to the hospital by his aunt. The victim said he did not know who stabbed him and refused to identify the men

\*On June 18 at 9 a.m. on the 2600 block of Bayshore Boulevard, officers responded to the report of a burglary. They met with the reportee who said that when she came to open her business, she noticed a window had been removed from the door. She then noticed several tools missing from inside.

"On June 19 at 2:44 a.m. on the unit block of

that he was attacked by an unknown man of Geneva Avenue, officers responded to a who he saw walking with his girlfnend to his due to a call that the victim had made during the call by a family who were having difficulty with house. The victim stated that the unknown suspect cuthis finger and hithirm on the head man in need of services and transported him with a skateboard. The suspect and the victim's girlfriend ran away from the scene. The victim was heavily intoxicated and could not proone of the officers causing an injury to the wide the officer with any information regarding officer and himself. The subject was taken to his girlfnend, including her name. The victim the hospital and treated. He was cited and was taken to SFGH for treatment. At 8 a.m. on the 2100 block of Geneva Avenue, officers \*On June 11 at 6:16 a.m on the 200 block of responded to a trespassing call. The officers Leland Avenue, officers were dispatched to located the suspect in front of a convenience the report of a burglary. The victim said that a store which has numerous posted "No Treslook on a tool shed at his construction site had passing" and "No Loitering" signs. The store been cut, although nothing had been taken. owner stated that the suspect had previously He said that the site's audible alarm system been cited for trespassing at the location and told he was not allowed to return to the store. \*On June 12 at 6 p.m. on the 100 block of The victim told the officers that the suspect was Britton Street, officers took a suspect into cus- outside of the store at 8 a.m. and was told to tody on two outstanding warrants at his home. leave The suspect compiled but later returned. The arrest was made without incident. The entered the store and harassed customers for money. The store owner again asked him to \*On June 14 at 1:32 p.m. on the unit block of leave and the suspect left the store but loitered Leland Avenue, an officer was dispatched to the in the entrance, continuing to ask for money report of threats which had been made against a from customers and passers by The store shopkeeper. The victim said that a man was owner then called for the police. The suspect outside panhandling in an aggressive manner was taken into custody and transported to when she went out to ask him to stop. The man Ingleside Station. Once the suspect was identified, he was cited and released At 10.35 said that he wanted the victim to come outside. He a.m. on the 400 block of Campbell Avenue, also suggested that he had other people waiting officers tesponded to a residence where a young woman told them that she had been attacked by her brother who suffers from men-\*On June 15 at 1:48 p.m. on the unit block of tall health problems and drug use. The victim Leland Avenue, officers responded to a call ot told the officers that her brother slapped her a person with a knife. Officers detained the and choked her during the attack. The sussuspect near Leland Avenue and Alpha Street pect then fled the house. A while later the sus-A folding pocket knife was found nearby and pectreturned to the house. Officers responded to the house and took him into custody. The

> \*On June 20 at 11:36 a.m. at Crocker Ama- to burglanze his home zon Park, officers responded to a park where

himin themouth at the conclusion of the game game. The suspect was not located, but was known to the victim. At 3.37 p.m. on the unit block of Camzal Street, officers responded to an assault call with numerous other officers. The officers found the victim in front of his home with an apparent broken arm. The victim told the officers. that during a dispute with his roommate, the roommate struck him with an aluminum baseball bat and injured him. The room mate left the house Officers located the suspect about three blocks away The victim viewed the suspect and identified the suspect as his roommate who struck him. The suspect was taken into custody and booked at Ingleside Station

On June 21 at 9.30 a.m. on the 200 block of Brookdale Avenue, a report was prepared at The officer tracked down the coach and de-Ingleside Station regarding a vehicle burglary The victim said that she went out to her parked car and found that its passenger window had been smashed A GPS unit was taken from the conclusion that the other party had deinside the car. At 2.42 p.m. on the unit block of Tioga Avenue, officers responded to the report of an explosive device which had been found. Jail. At 5 p.m. on the unit block of Garrison by someone cleaning out old belongings from Avenue, officers responded to a "shots fired" her home. Members of the SFPD Explosive call with numerous other Ingleside units. Offic-Ordinances Division responded and secured

\*On June 22 at 4:53 p.m. at Bayshore Boulevard and Arleta Avenue, officers were conducting bus inspections at Bayshore and Arleta Police Summaries when a passenger could not provide proof of fare The officers ran a computer query of the subject and found he had a warrant for his arrest. He was taken into ouslody and booked at Ingleside Station. At 5:55 p.m. on the 500 block of Carter Street, officers responded to an apartment and met with the resident. The vic-stolen auto. tim stated that his front door was damaged and believed that an unknown suspect attempted

Carrizal Street, a man reported to an officer a soccerreferee reported that a player punched. Santos. Street, a report was prepared at Ingleside Station regarding the burglary of a Ave recovered auto vehicle The victim said that he went out to his parked car to find that it had been broken into Missing from inside were some papers and a checkbook At 11:57 a.m. on the 700 block of Velasco Avenue, a report was submitted via 311 regarding vandalism. The victim said that she heard a noise outside her home and looked to see that her car's window had been broken. The victim said that there were no items taken from inside the car

\*On June 24 at 1:30 p.m. on the 2200 block of Bayshore Boulevard, a fight in the street. Ave , recovered auto was called in to 911 and officers responded with numerous other Ingleside units. The officers located one combatant lying on the ground and discovered that other had fled on a bus. taihed the second suspect. The officers' investigation led them to arrest the party found on the ground as the aggressor in the fight and to fended himself. The suspect was treated for injuries at SFGH and then booked at County ers located a vehicle with damage and eleven the item, which was an old inert hand-grenade. shell casings. An officer located a surveillance carnera operated by Mercy Housing which was reviewed in regards to this incident

'May 25 2 28 pm, 100 block of Blythdale Ave , traffic oollision

\*May 26: 5.15 p.m., Hahn St. and Visitacion Ave , suspended driver 'June 11 11.50 p.m., Rutland St and Leland

Ave, unlicensed driver

June 12 5 p.m., 100 block of Brookdale Ave.

June 12 6 30 p.m., Geneva and Brookdale

Aves, suspended driver 'June 12 7 17 p.m., Unit block of Bfythdale

VISITACION VALLEY GRAPEVINE - JULY 2010 -5

\*June 13 3 02 p.m., Unit block of Brookdale Ave , recovered auto

\*June 16 4 20 p m , Unit block of Leland Ave

June 19 2 p.m., Visitacion Ave. and Sawyer St, unlicensed driver

June 19 3 32 p.m., Sunnydale Ave. and

Rutland St., suspended driver June 20 7 55 p.m., Bayshore Blvd and

Sunnydale Ave , traffic collision June 21 11 45 pm. 100 block of Tucker

Ave , recovered auto \*June 22 2 12 pm, 200 block of Brookdale

\*June 24 7 45 a m . Brookdale and Blythdale Aves., traffic collision, hit and run

Captam Louis Cassainego of Ingleside Station and Captam Greg Suhr of Bayview Station contributed to this report

### Get Free Information

Here's a fact you may want to leam more about: A federal program helps provide a nationwide network of libraries with the tools they need to keep America informed.

The U.S. Government Printing Office administers the Federal Depository Library Program (FDLP), which was established by Congress to ensure that the public has access to government information. The program sends information from all three government branches to about 1,200 libraries nationwide.

Federal depository libraries offer tree information on health and nutrition, laws, statistics and presidential materials, science and technology, business and careers, education, history and world maps. The program's slogan is "Easy as FDL: Free Information, Dedicated Service, Limitless Possibilities.

fo burglanze his home

On June 23 at 11:30 a.m. on the 200 block of June 13: 1.50 p.m., 100 block of Brookdale www.gpo.gov/libraries. For more information, visit



Zhongshan West Midlands Giza Quezon City Nanhai **Fuzhou** Lanzhou Xiamen Chittagong Zaozhuang Jilin Linyi Wenzhou Stockholm Puebla de Zaragoza **Puning** Baku Ibadan Brisbane Minsk Sikasso Nanchong Nanning Urumqi Yantai

Grapevine Puzzler World's Biggest Cities 8 ZGNOGATTIHCCDUIOPIUY S S Z E Q H T R 0 U T M L H K G R R D C D G D D R F G Y G N 0 F  $\mathbf{F}$ H F R F T G N N E R F Y D G В  $\mathbf{F}$ S V F G X N G F I D N I V F S D J D I I F J J J S N S D F S G F S S S N Y F  $\mathbf{F}$ F H F D C S X S D Z X C G Η J G  $\mathbf{F}$ G N U H 0 KHFDS S SDNALD IMT

### Historic Proportions

Match clues to answers

rule in Sri Lanka on July 26.

2. Admitted as the 30th U.S. state on May 29.

3. A bridge collapsed here on Apr. 10 leaving 250 dead

4. Elected U.S. President on Nov. 7. 5. The start of this Revolution on Mar. 15

6. Officially united with Mexico on Aug. 17.

7. Monument was established on Jan. 31.

8. On Jan. 24, James W. Marshall found this at Sutter's Mill, in Coloma,

The Treaty of Guadalupe Hidalgo was signed to end this on Feb. 2. 10. Joseph Jenkins Roberts was

### As a Matter of Fact

\*Dogs and wolves yawn as a sign of contentment.

\*The compass plant is so-called benorth-south direction.

\*The first semi-electronic digital computing device was constructed by John V. Atanasoff, an American mathematician and physicist.

\*The Emancipation Proclamation of 1863 declared slaves free in the Confederate states still in rebellion. It wasn't until the ratification of the 13th Amendment in to be done." December 1865 that slavery was 5. "A handwritten, personal letter the United States.

### **Grapevine Five Years Ago**

### **JULY 2005**

lence Prevention Collaborative's freshment. sporting events and music, the you trust him." event celebrated peaceful coexistence in the neighborhood.

\*Important legislation sponsored by Supervisor Sophie Maxwell was approved at a June 7 meeting of the Board of Supervisors, including a resolution to endorse the Strategic Concept Plan for Schlage Lock and its vicinity, and a resolution designating a Visitacion Valley Survey Area for Schlage Lock and portions of Leland Avenue and Bayshore Boulevard.

swom in as the first president of this country on Jan 3.

11. The Palermo rising erupted here on Jan. 12.

12. President took his Oath of Of-1. Matale Rebellion against their fice in front of the French National Assembly on Dec. 20.

A. Wisconsin

B. Gold C. England

D. Yucatán

E. Mexican–American War

G. Bonaparte

H. Sicily

I. Hungarian J. Liberia

K. Zachary Taylor

L. Washington

7-L, 8-B, 9-E, 10-L, 11-H, 12-C. Answers: 1-F, 2-A, 3-C, 4-K, 5-I, 6-D,

### SEZ WHO?

Match quotes to speakers

I. "The basis of action is lack of imagination. It is the last resource of those who know not how to dream.'

2. "What makes resisting temptacause its leaves tend to line up in a tion difficult, for many people, is that they don't want to discourage it completely.

3. "When you're little, your dad, you think he's Superman. Then you grow up and you realize he's just a regular guy who wears a cape."

lot of things, but most of the things graywater include lowering water they make it easier to do, don't need use, saving energy, providing an al-

entirely abolished throughout has become a genuine modem day luxury, like a child's pony ride."

6. "Conscience is the inner voice that looking.

\*More than 350 local residents at-mind; it is to the spirit what sleep is homes. This is a Green Stacks Program. tended the Visitacion Valley Vio- to the body, nounshment and re- \*July 26, Monday: Gary Lapow

June 4 at Herz Playground. more than to place responsibility of children of all ages (and their par-Through interactive activities, upon him, and to let hm know that

ideals. They are anchors in a storm."

A. Dave Attell

B. Franklin P. Jones

C. Shana Alexander D. Booker T. Washington

E. Andy Rooney

F. H.I. Mencken

G. Oscar Wilde 11. Amold Glasgow

1 William Penn

H-6'(0-8'1-Z {H-9{D-\$(3-1-6}3-7-1-6)5-C}

### Sump, the Grump







### Valley Branch Library

the Valley Library, 45 Leland Ave. \*July I, Thursday: Drop in to make a wind sock craft from 4 to 5 p.m..

wind spinner craft from 4 to 5 p.m. \*July 6, 13, 20 and 27, Tuesday: Fam-

ily Storytime, songs, stories and rhymes for children of all ages from 11:30 a.m. to 12 noon.

ence experiments at the branch from 4 to 5 p.m.. For ages 5 and older.\* June 9, Wednesday: Sweet Candy Sushi from 2:30 to 4 p.m. Kick-off this year's Teen Summer Reading Contest at the Visitacion Valley Library. We'll be making yummy, sweet sushi out of marshmallows, cakes and candy. Prizes for teens who sign up for Teen Summer Read! For ages 12 to 18.

sweet candy craft from 10:30 to 11:15 a.m..For children of all ages

\*July 15, Thursday: Make a colorful wallet or sleek holder for your high tech gear out of duct tape from 2:30

\*July 20, Tuesday: Terrific musical and motivational program, the Eric Herman Musical Show from 10:30

water from showers, baths, laundry 4. "Computers make it easy to do a and bathroom sinks. Benefits of tematesource of irrigation water and more. This presentation from 4:30 to 5:15 p.m.will show you how to plan and design a laundry to landscape graywater system and will also wams us that someone may be teach you about other types of graywater systems that might be 7. "True silence is the rest of the appropriate for San Francisco I

Musical is a special lively interactive Insurance Community Summer Jam 2 on 8. "Few things help an individual show to stimulate the imaginations."

> 9. "Don't part company with your Battle your friends on the Wii! from 2:30 to 4 p.m. Open to teens BAY WASH, 44 Leland Ave

### ManyEvents in July at

Following are upcoming events at

\*July 6, Tuesday: Drop in to make a

\*July 8, Thursday: Drop in for sci-

\*July 13, Tuesday: Drop into make a

to 4 p.m. Open to teens and tweens.

to 11 a.m.

\*July 21, Wednesday: Graywater is

ents) from 10:30 to 11 a.m.

\*July 28, Wednesday: Game On!

### Visitacion Valley Business Directory

Valley free listings in the 415 area code Call the Grapevine at (415) 467-9300

AQUARIUM DRAGON CITY AOUARIUM, 144 Letand Ave., 333 4598

I ART

JM ASIAN ART, 130 Leland Ave., 828-3328

■ AUTOMOTIVE BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130

BAYSHORE SERVICE. 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BOOY, 2520 Bayshore Blvd CHARLIE'S GARAGE 2550 Bayshore Blvd, 239-7450 TIGER'S AUTO BODY, 23 Industrial Way, Brisbane 94005, 467-6866

TW AUTOMOTIVE, 2500 Bayshore Blvd, 585-8281 BANK

BANK OF AMERICA 6 Leland Ave., 622-4501 BAKERS LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239.

BARBERS BARBERSHOP 3570 San Bruno Ave., 724-4398 EMMA'S HAIR SALON, 35 Leland Ave., 587-7429

THE SHOP (JB), 160A Leland Ave., 239-6709 BEAUTICIANS AS YOU R, 170 Leland Ave , 756-1450 BODY, SOUL & SPIRIT, 222 Leland Ave , 333-7261

CONNIE'S HAIR, 2436 Bayshore Blvd, 586-8288 HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave. 333-1005

NAILS BY JENNY, 50 Leland Ave., 333-6800 SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381

BLIND CLEANING SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential). 1116 Girard St., 467-7506

BOARDING HOUSE ABLE'S CASA, 850 Rutland St. 333-4664, lax 333-

AMYARAGON PROFESSIONALBOOKKEEPER 467-

VERNA WALLACE EA 2320 Bayshore Blvd , 239-

CARPETS HANSAN INTERIORS, 41 Leland Ave., 333-6382

CHURCHES CHURCH OF THE VISITACION 655 Sunnydale Ave.
494-5517, fax 494-5513
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.

KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

■ RIDGE VIEW UNITED METHODIST CHURCH, 590 ■ Leland Ave., 239-5457 ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave . 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave 467-VISITACION CHINESE BAPTIST CHURCH, 8 Desmond

COFFEE CANOLESTICK COFFEE 2155 Bayshore Blvd

HAPPY DONUT, 2600 Bayshore Blvd., 469-5309 JOE LELANO CAFE, 28 Leland Ave CREDIT UNION NORTHEAST COMMUNITY FEDERAL CREDIT

UNION, 29 Leland Ave., 434-0738 DAY CARE CAROUSEL DAY CARE, 261 Hahin St., 469-5353 STARBRITE DAYCARE, 298 Arteta Ave., 656-1887

DENTIST VISITACION VALLEY OENTAL OFFICE (Albert Kuan, OOS) 37 Leland Ave , 239-5500

DEVELOPERS VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION 1099 Sunnydale Ave 587-7895 **ELECTRICAL** 

TATE ELECTRIC (Joel Tate), 467-4657

**FLOORS** 

TEDDY B's HARDWOOD FLOORS, 309-6342 FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145

FURNITURE REFINISHING / HANDYMAN AMAZING MAYS HANDYMAN SERVICE AND FURNITURE REFINISHING, 62203rd St. 368-3129

GARDEN ORNAMENTS SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore

Blvd., 239-5990 GROCERS

CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745. E-Z STOP MARKET, 2203 Geneva Ave. 585-9240 LA LOMA PRODUCE #2, 65 Leland Ave. 239-7520 LITTLE VILLAGE MARKET, 1450 Sunnydale Ave. 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878 PICCOLO PETE, 2155 Bayshore Blvd., 468-6800 7-11, 2200 Bayshore Blvd., 468-8646 SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

TEDDY'S MARKET, 298 Teddy Ave **HERBS** SAN ON HERBS, 33-A Leland Ave 333-7469

HYPNOTHERAPY VALERIE HABEGGER HYPNOTHERAPY, 371 Textily

EDIE EPPS (A H E INSURANCE), 467-0236, Fax ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

SAN FRANCISCO LANOSCAPES (Lic. # 932022). 256 Talbert St., 585-9137, sflandscapes com LAUNDRY/CLEANERS

CITY WASH, 83 Leland Ave., 333-9467

LANDSCAPING

COIN WASH & DRY LAUNDRY, 186 Leland Ave FORTYNINER CLEANERS , 51 Leland Ave., 239-6418 LELANDAVENUE CLEANERS 151 Leland Ave., 586-1412 VALLEY LAUNDRY, 90 Leland Ave VISITACION VALLEY LAUNORY, 108 Leland Ave., 239-

FIRST PLACE 2 START, 1252 Sunnvidale Ave. 333-2659 HERITAGE HOMES CHILD AND FAMILY DEVELOP-MENT CENTER, 245 Rey St. 586-8700 JOHN KING CHILD AND FAMILY DEVELOPMENT CEN-

TER, 500 Raymond Ave. 333-1375

VISTACION VALLEY COMMUNITY BEACON CENTER.
450 Raymord Ave, 452-4907
VISITACION VALLEY COMMUNITY CENTER
CHILDRENS PROGRAMS, 103 Tucker Ave. 467-5565
VISTACION VALLEY FAMILY SCHOOL, 325 Leland Ave.

LIBRARY

VISITACION VALLEY BRANCH, 45 Leland Ave., 239

MANUFACTURER

SEE'S CANDIES, INC., 345 Schwenn St. MARTIAL ARTS KUK SOOL WON, 189 Leland Ave

AMERICAN RED CROSS, BAY AREA CHAPTER, 1704

Sunnydale Ave , 584-3620 HAWKINS VILLAGE MEDICAL CLINIC (Oept of Public Health), 1099 Sunnydale Ave. Appointments

DR SAM HO, MD, 2858 San Bruno Ave., 337-6135 NEW CARNIVALACUPRESSURE HEALTH CENTER,

2458 Bayshore Blvd. 337-8100 NDRTH EAST MEDICAL SERVICES, LELAND AVENUE 82 Leland Ave., 391-9686 (ask for Leland

PORTOLAFOOT & ANKLE CLINIC (Dr Divyang Patel) 2858 San Bruno Ave 467-7500 **ORGANIZATIONS** 

ASIAN PACIFICAMERICAN COMMUNITY CENTER 2442 Bayshore Blvd. 587-2689 WILLIEL BROWN, JR TEEN CENTER, 1652 Sunnydale Ave . 584-6099

CHINESE FOR AFFIRMATIVE ACTION IN VISITACION VALLEY, 1099 Sunnydale Ave , 597-5779
GENEVA TERRACE PROPERTY OWNERS

GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044 JOHN KING SENIOR COMMUNITY, 500 Raymond Ave. LELANO HOUSE, 141 Leland Ave. 405-2000

ROCK (Real Options for City Kids), 590 Leland Ave. 333-4001 SUNNYDALE BOYS & GIRLS CLUB, 1654 Sunnydale SUNNYDALE OEVELOPMENT COO OFFICE 1652

Sunnydale Ave , 841-1683 VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave 467-4499

**PHARMACY** VISITACION VALLEY PHARMACY, 100 Leland Ave. **PHOTOGRAPHER** 

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620 PLUMBING

MARK VOELKER PLUMBING, 99 Arlela Ave., 467-7401 POST OFFICE

VISITACION USPO, 68 Leland Ave (800) 275-8777 JUSTYNA TO, (Realtor, Coldwell Banker), 830-1235 LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore

Blvd 587-8683 ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-

CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave 731-5011 ex 163 RESTAURANTS

BAYSIDE CAFE, 2011 Bayshore Blvd . 467-2023 HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999 G & L BAKERY & RESTAURANT, 198 Leland Ave.

239-6283 LUAN FAT BAKERY, 110 Leland Ave., 585-1167 NAYANT TAQUERIA 98 Leland Ave., 587-7721 TWO JACK'S, 167 Leland Ave., 337-0433

SCULPTOR CARTORIGINALS (Mikal Cartor), 2 Hahri St., 239-4138 SELF-DEVELOPMENT

OYNAMIC DEVELOPMENTS (Manone Arin Williams, CEO, Career and Self-Enhancements Specialist) 467-

SERVICE PROVIDERS

CLAER PROJECT, 1099 Sunnydale Ave., Ste. 323, 333-3017, tax 587-7481 THE VILLAGE, 1099 Sunnydale Ave 239-5045 VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave

VISITACION VALLEY BILINGUAL EOUCATION

SUPPORTIVE SERVICES & TRAINING, 120 VISITACION VALLEY COMMUNITY CENTER (VVCC). 50 Raymond Ave., 467-6400 VVCC FAMILY& COMMUNITY SERVICES CENTER.

161 Leland Ave ,586-6998, Fax 586-8027 VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS. 225 5969

D & A WIRELESS, 78 Leland Ave 452-4139 GOLOEN 99 CENTS ZONE, 5 Letand Ave 333-3923

### Bill to Prohibit Ratepayer Funds in Future Political Campaigns

SACRAMENTO - Senator Mark agencies or community choice ag- communities across the state have Leno on June 14 announced legislaallows the corporation to continue used for political or public affairs expenditures.

nance Proposition 16, a measure on

gregation, as was done recently in the ability to launch their own mution that would prevent Pacific Gas Marin County. Voters defeated the nicipal power agencies, which will & Electric Company (PG&E) from measure despite claims by PG&E in turn encourage competition and using ratepayer funds to finance that the initiative would have prefuture political campaigns. The bill served the "taxpayer's right to vote." Senator Leno's bil

\$46 million of ratepayer funds to fi- pany should not be able to use rate- payer funds. payer-generated profits to write ties to establish municipal power. This measure ensures that local coming weeks.

Senator Leno's bill requires

"PG&Elauncheda dangerousand PG&E to report its annual politiparticipating in political cam- misleading political campaign - cal and public affairs spending to paigns, but stipulates that money with ratepayer funds - that had the California Public Utilities derived from ratepayers cannot be only one goal, to preserve the Commission. The PUC will encorporation's monopoly," said Sena-sure that all political and public tor Leno (D-San Francisco). "The affairs spending identified in this PG&E recently spent more than state's largest electrical and gas com-report did not derive from rate-

Language for the new legislation the June ballot that would have special rules into the state constitu- will be put into a Senate bill and made it difficult for local communition protecting it from competition. heard in policy committees in the

### **EarthTalk**

#### Ethanol as Auto Fuel

into the alternative energy mix? Is it better for the environment Lamberti, Pullman, MI

from corn and other feedstocks — According to the U.S. Department available. helps meet federally mandated ethanol mixed into gasoline rebon monoxide—a regulated pollutant linked to smog, acid rain, with pure gasoline.

straight unleaded gasoline or so- mately fueling stations. called E85, a mix of 85 percent etha-E85 instead of gas.

"com belt.") So while the capacity What You Should and perhaps demand for a cleaner burning fuel is there, supplies have Know About Your not kept pace-some say because the federal government has subsi-Dear EarthTalk: Where does dized ethanol producers only and

than gasoline? -Donna Allgaier- 2009 President Obama signed a your overall health. Presidential Directive to advance and expand their use. The result- affected by blood disorders," ing Biofuels Interagency Working said Hal E. Broxmeyer, Ph.D., is already playing a major role in ing Biofuels Interagency Working helping to reduce emissions from Group is developing a plan to inmany of the traditional gasoline- crease flex fuel vehicle use by mak- ety of Hematology. powered cars on the road today. ing E85 and other biofuels more

of Energy, nearly half of all the While many environmental adhow to prevent potential prob- For example, if you feel weak You can learn more about the types gasoline sold in the U.S. contains vocates view increasing ethanol lems in order to maintain and have pale or yellow skin, of diseases that hematologists study up to 10 percent ethanol, which use as a promising development improve your health." not only boosts octane but also (if drivers would actually fill up with it), others are not so sure. air quality requirements. By pro- Cornell agriculture professor moting more complete fuel com- David Pimentel argues that probustion, this small amount of ducing ethanol actually creates a net energy loss. His research duces exhaust emissions of car- shows that a gallon of ethanol contains 77,000 BTUs of energy for engines to burn but requires global warming and other envi- 131,000 BTUs to process into usronmental problems—by as ablefuel, not including additional much as 30 percent compared BTUs burned from fossil fuel sources to power the farm equip-Also, a growing number of so-called "flex-fuel" vehicles now available can run on either transport it to refineries and ulti-

Pimentel also says that powernol and 15 percent gasoline. Etha- ing a car for a single year on ethanol proponents underscore emis- nol would require 11 acres of sions savings, cost stability (etha-corn, which could alternatively nol is distilled from domestically feed at least seven people. If we grown corn) and reduced reliance step up our use of ethanol and on (foreign) oil as benefits of more begin putting our farmers' yields drivers filling up their tanks with into gas tanks instead of on dinner tables, we could see a short-But ever though some eight mil- age of domestically grown food lion flex-fuel vehicles are now on and higher prices at the grocery U.S. roads, most of them are not store. To address this problem, near convenient ethanol refilling biofuels producers are researchstations and are therefore mostly ing alternative non-food feedrunning on regular gasoline. (The stocks such as algae, corn stalks, U.S. Department of Energy website wood chips and switchgrass, has a map-based listing of E85 re-though they would still make use fueling stations across the coun- of arable land that could grow try-most are in the Midwest's food for human consumption.

# **Blood Health**

Blood performs a variety of es- waste from your system. ethanol as an automobile fuel fit not the distributors and retailers sential functions in your body,

what healthy blood is and learn changes in your body.

oxygen and nutrients through- leg, ankle or calf swells.

out the body, forms clots to prevent blood loss and transports Blood also helps regulate your care physician right away. body temperature and clear

People may be affected by who get the product to customers. so when something is wrong many different types of blood But this may change. In May with your blood, it can affect conditions, including anemia, our overall health. bleeding disorders, blood regularly. "Millions of Americans of all clots and blood cancers such "Talk wit Ethanol — a biofuel derived research into biofuels like ethanol ages, genders and ethnicities are as leukemia, lymphoma and have any concerns. mveloma.

> The signs and symptoms of these president of the American Soci- conditions vary, so it is important blood condition, you may be reto know what the different blood ferred to a hematologist, a doc-

> you may have anemia. And you and treat, as well as the importance On average, adults have 9 to might be at risk for a blood clot of having a hematologist on your 12 pints of blood, which carries if your skin feels warm and your health care team, at www.Blood

VISITACION VALLEY GRAPEVINE - JULY 2010 - 7

If you think you have a blood antibodies to fight infection. condition, talk to your primary

To maintain your blood health, the American Society of Hematology offers the following tips:

\*Know your family history.

\*Eat healthy foods and exercise

\*Talk with your doctor if you

'Request an annual checkup.

If you are diagnosed with a It's important to be aware of disorders are and be aware of any tor that specializes in treating hat healthy blood is and learn changes in your body.

The Vital Connection.org,

### INCOME ELIGIBILITY GUIDELINES FOR FREE AND REDUCED-PRICE MEALS OR FREE MILK IN CHILD SUTRITION PROGRAMS

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AM / PM Childcare Now Enrolling Ages 3 to 5 We Offer:

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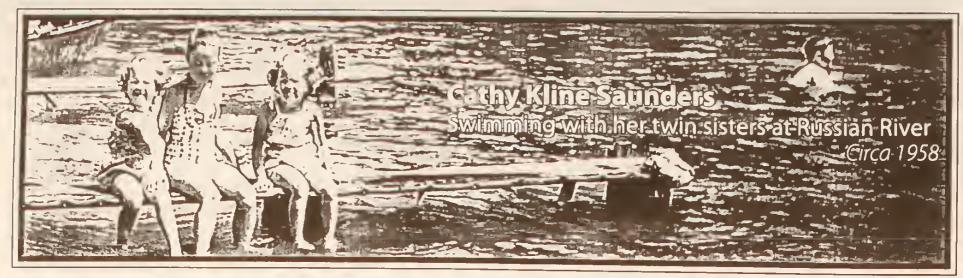
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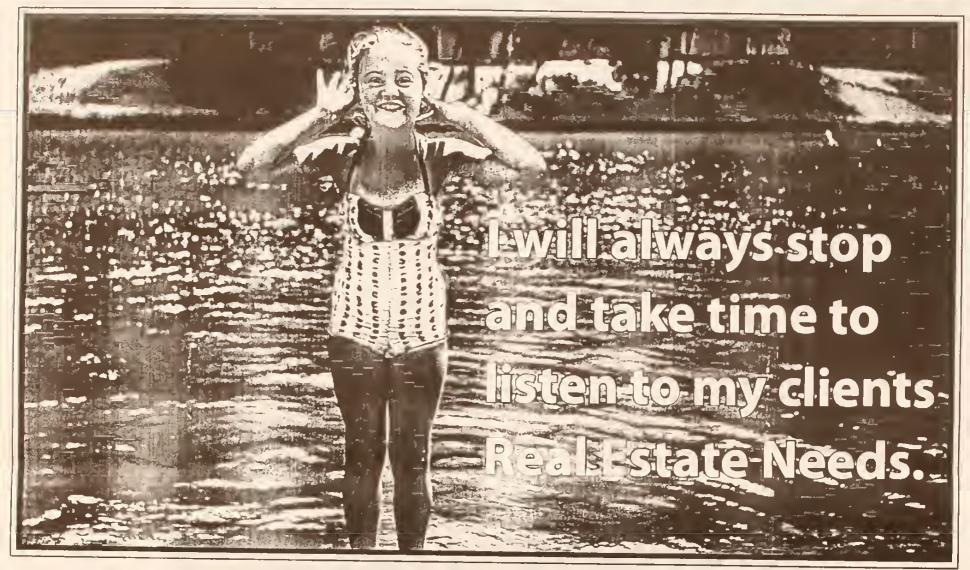
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For more information or to schedule a tour, please contact Ms. Jasmine at

(415) 656-1887

We Look Forward to Hearing from You





# Enjoy your summer...



...and of course, call me anytime!

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Broker Associate - Top Producer
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